



RCYC Sailing Ltd

ROYAL CORNWALL YACHT CLUB

Falmouth to Wolf Rock Saturday 22nd to Sunday 23rd Aug 2026

Organizing Authority: RCYC Sailing Ltd
Greenbank, Falmouth, Cornwall, UK

www.royalcornwallyachtclub.org/ email: contact@rcycsailing.org

SAILING INSTRUCTIONS

Abbreviations: [DP] – Rules for which the penalties are at the discretion of the protest committee.
[NP] - means that a boat may not protest another boat for breaking that rule. This changes RRS 60.1.

1 RULES

- 1.1 The race will be governed by the rules as defined in the Racing Rules of Sailing (RRS) 2025-28.
- 1.2 Boats shall comply with Offshore Special Regulations (OSR) 2026-27 Cat 3. In addition, boats are to carry a life raft of sufficient size for all crew.
- 1.3 RRS Part 2 shall not apply between the hours of local sunset and sunrise and shall be replaced by the International Rules for the Prevention of Collisions at Sea (IRPCAS).
- 1.4 The following rules are changed:

Rule change:	Relevant SI Section
RRS 21.1	12.8
RRS 26	5.3, 12.2
RRS 27	5.3, 12.4
RRS 28.1	12.9
RRS 29	5.3, 12.4, 12.8
RRS 30	12.8
RRS 32	9.3
RRS 33	9.3
RRS 35	16.2
RRS 37	19.3
RRS 42	11.5
RRS 44	12.8, 15
RRS 52	1.6
RRS 61.1 a	2.2, 3.5, 9.3, 12.3, 12.5
A5.1	12.9, 16.2
A5.2	12.9, 16.2

- 1.5 IRC Rules parts A, B and C apply. Part D will not apply.
- 1.6 The use of autopilots and automated steering devices will be allowed. This changes RRS 52 and IRC rule 152 (d).

2 CHANGES TO SAILING INSTRUCTIONS

- 2.1 Changes to the sailing instructions will be posted before 10:00 on the day of the race. They will be posted online on the official COGS noticeboard - www.cogsracing.org.uk/ and the RCYC website at - www.royalcornwalliyachtclub.org/On the water/Racing Events/COGS Racing Events. On the day of the race any changes will be made via the COGS Whatsapp Group.
- 2.2 The race committee may also broadcast verbal instructions on marine VHF radio channel 69 and they may also be included on the COGS WhatsApp Group messaging. Failure to receive a broadcast will not be grounds for redress. This changes RRS 61.1(a).

3 COMMUNICATIONS WITH COMPETITORS

- 3.1 No notices to competitors will be posted after 10:00 on the day of the race.
- 3.2 Notices to competitors will be posted:
 - a) on the official COGS notice board located online at www.cogsracing.org.uk.
 - b) online at the RCYC website - www.royalcornwalliyachtclub.org/On the water/Racing Events/COGS Racing Events.
 - c) on the COGS WhatsApp Group – especially for changes to SI's on the day of the race.
- 3.3 In addition general information which does not form part of the SI's will be posted on the COGS Whatsapp Group at any time.
- 3.4 On the water, the race committee intends to monitor and communicate with competitors on VHF channel 69 for the start.
- 3.5 Failure to hear a broadcast will not be grounds for redress. This changes RRS 61.1(a).
- 3.6 [DP] From the warning signal (for your class) until the end of your race, except in an emergency, a boat shall not make voice or data transmissions and shall not receive voice or data communication that is not available to all boats.

4 CODE OF CONDUCT

[DP] Competitors and support persons shall comply with reasonable requests from race officials.

5 SIGNALS MADE ASHORE

- 5.1 Pre-start abandonment signals made ashore will be displayed on the RCYC signals mast.
- 5.2 IC flag "L" displayed over flag "Z" at the RCYC will indicate a change to the sailing instructions.
- 5.3 No visual signals, including starting signals, will be made at Pendennis Point. This changes RRS 26, 27 and 29.

6 SCHEDULE OF RACES

- 6.1 Separate starts will be held for IRC 1 and IRC 2 handicap classes.
- 6.2 IRC 1 will start first.
- 6.3 The scheduled time of the warning signal for IRC 1 will be 12:55 on Saturday 22nd August.
- 6.4 The time of the warning signal of the IRC 2 class will be the time of the starting signal of the IRC 1 class.

7 CLASS FLAGS

Boats shall display their class flag beneath IC flag "Z" on the backstay or mainsail leech as follows:

- (a) IRC 1 - IC numeral pennant "1"
- (b) IRC 2 - IC flag "E" or numeral pennant "2"

8 RACING AREA

The start and finish will be at the entrance to Falmouth harbour. The racing area will be from Falmouth, out to Wolf Rock and back.

9 COURSES

9.1

Course 1 (approx. 78nm)	Course 2 (approx. 78nm)	Course 3 (approx. 83nm)	Course 4 (approx. 83nm)	Course 5 RO's choice
Start Manacles (S) Wolf Rock Light (P), Manacles (P), Finish	Start Manacles (S) Wolf Rock Light (S), Manacles (P), Finish	Start Manacles (S) Mountamopus (P), Wolf Rock Light (P), Manacles (P), Finish	Start Manacles (S) Wolf Rock Light (S), Mountamopus (S), Manacles (P), Finish	

9.2 All boats are to take their times of arrival at each mark of the course. A boat will be considered to have arrived at the mark when the mark is on the following bearings and distances from the boat:

MP (P)	WR (P) (from Lizard)	WR (S) (from Lizard)	WR (P) (from MP)	MP (S)	MC (P)
225 M	180 M	000 M	150 M	150 M	315 M
Within 2 boat lengths				Within 2 boat lengths	0.25 naut. mile

This data may be used in the event of light winds and all boats in class failing to finish within the time limit.

9.3 If the race is abandoned after the start, the race committee will advise competitors using VHF and the COGS Whatsapp Group. This changes RRS 32 & 33. Failure to receive this notification will not be grounds for redress. This changes RRS 61.1 (a).

10 MARKS

Name	Position
Pendennis Point (western boundary of start line)	See Addendum A
Black Rock Beacon (eastern boundary of start line)	See Addendum A
Manacles (MC)	50° 02.81 N 005° 01.91 W
Mountamopus (MP)	50° 04.66 N 005° 26.22 W
Wolf Rock (WR)	49° 56.72' N 005° 48.57' W
Black Rock Buoy (BR) finish	50° 08.70' N 005° 01.74' W

11 OBSTRUCTIONS

11.1 Black Rock and Pendennis Point.

Competitors should be aware of the shallow waters around these obstructions.

11.2 [NP] Commercial shipping. Moving exclusion zones around commercial vessels constricted by their draft or size are designated obstructions. Such exclusion zones extend to 100m on all sides of the vessel and include tugs, pilot boats and safety boats escorting the vessel. No competitor is at any time to enter the exclusion zone, and, if becalmed, is to use their engine or other means of propulsion to move out of the way. This should only be sufficient to move out of the exclusion zone, and the distance travelled should be the shortest necessary to keep clear. Competitors who unnecessarily interfere with shipping bring the sport into disrepute and shall be reported by the race committee under RRS 69 - Misconduct.

11.3 Diving activity. Exclusion zones extend 30m around a dive boat displaying international code flag "A", an orange pillar mark indicating a diver beneath the surface, and a diver on the surface. No boat is at any time to enter the exclusion zone.

11.4 Runnel Stone cardinal buoy – boats must keep to the south.

- 11.5 Traffic Separation Schemes (TSS). In order to cross the TSS lanes safely the use of the vessel's engine is permitted where required. This changes RRS 42.

12 THE START

- 12.1 Start times will be as follows:

Class Flag	Class	Warning Time	Start Time
1	IRC 1	12:55	13:00
2 or E	IRC 2	13:00	13:05

- 12.2 No visual signals will be made. This changes RRS 26.
- 12.3 Starting signals, including a countdown, will be made by the race committee on VHF ch 69. Failure to receive this broadcast will not be grounds for redress. This changes RRS 61.1(a)
- 12.4 No visual individual or general recall, postponement or abandonment signals will be displayed. This changes RRS 27, 29.
- 12.5 Any boats OCS (on course side) at their starting signal will be broadcast by the race committee on VHF channel 69 if they can be identified. Failure to announce sail numbers and failure of boats to receive this broadcast will not be grounds for redress. This changes RRS 61.1 (a).
- 12.6 The starting line will be a line extending east on a transit formed by the triangle and the signals mast on the east side of Pendennis Point. The line will be bounded at the eastern end by Black Rock Beacon and at the western end by the shore. See Addendum A.
- 12.7 Boats whose warning signal has not been made shall avoid the starting area during the starting sequence for other races.
- 12.8 For the purposes of the definition of "Start" and "Finish" the term "hull" is to include a boat's bowsprit in its normal position. This changes RRS 21.1, 29.1, 30 and 44.2.
- 12.9 A boat that does not start within 20 minutes after her starting signal will be scored DNS (did not start). This changes RRS 28.1, A5.1 and A5.2.

13 CHANGE OF THE NEXT LEG OF THE COURSE – not used.

14 THE FINISH

- 14.1 The finish line will be a line extending 090°M from the finish mark "Black Rock" buoy. Boats shall pass within 2 boat lengths of the mark or of a boat overlapped inside (see Addendum A).
- 14.2 Boats shall record their finishing time and if possible the sail numbers or names of the boats next ahead and next behind respectively. This information shall be passed to the Race Results Officer, Anthony Nathan, as soon as possible on the COGS Chat Whatsapp Group and may also be sent via email to: anthony.nathan@btinternet.com or by telephone to: 07768446815.
- 14.3 In the event of light winds and all boats in class failing to finish within their time limit then their mark arrival times must be passed onto the Race Results Officer.

15 PENALTY SYSTEM

RRS 44.1 is changed so that the Two-Turns Penalty is replaced by the One-Turn Penalty.

16 TIME LIMITS [AND TARGET TIMES]

- 16.1 The time limit for both classes is 08:00 on Sunday August 23rd.
- 16.2 Boats finishing later than the time limit will be scored Did Not Finish (DNF) without a Hearing unless course mark arrival times are used. This changes RRS 35, A5.1 and A5.2.
- 16.3 The time limit for submission of finishing times to the Race Results Officer is 08:15.

17 HEARING REQUESTS

- 17.1 For both classes, the protest time limit is 60 minutes after the last boat has finished or after the race time limit, whichever is earlier.
- 17.2 Details shall be lodged in writing with the COGS Race Finish Officer who will pass them on to the race committee at RCYC.
- 17.3 Hearings will take place at the RCYC as soon as practicable after boats return. Parties will be informed of the schedule of hearings by email.

18 SCORING

- 18.1 The race will be scored in accordance with COGS NOR para 7.
- 18.2 For this race RRS Rule A5.3 will apply.

19 SAFETY REGULATIONS

- 19.1 Crew Lists:
 - a) A boat's crew list shall be sent to the Race Officer, Kevin Maclean, at contact@rcycsailing.org no later than 30 mins before the first scheduled warning signal. Forms can be downloaded from the RCYC website.
 - b) All boats shall report their name, sail number and number of persons on board via VHF Ch. 69 to the race officer no later than 10 minutes before the first scheduled warning signal. Radio silence shall be kept after this time except if called by the race committee or in an emergency.
- 19.2 Retirement. A boat that retires from the race or is unable to cross the finish line before the time limit shall communicate as follows:
 - a) Race Officer - VHF Ch. 69, email: contact@rcycsailing.org, mob: 07733457496 and
 - b) Race Results Officer - Anthony Nathan at anthony.nathan@btinternet.com, mob: 07768446815. The same information must also be posted on the COGS chat WhatsApp group.
- 19.3 RRS 37 will not apply

20 REPLACEMENT OF CREW OR EQUIPMENT – not used

21 EQUIPMENT AND MEASUREMENT CHECKS

A boat or equipment may be inspected at any time by the Organising Authority for compliance with the Class Rules, NOR and Sis.

22 SUPPLIED BOATS – not used.

23 OFFICIAL VESSELS – not used.

24 [DP] SUPPORT TEAMS – not used

25 TRASH DISPOSAL - not used

26 BERTHING – not used

27 HAUL-OUT RESTRICTIONS – not used

28 DIVING EQUIPMENT AND PLASTIC POOLS – not used

29 PRIZES

- 29.1 Prizes will be given as listed in the COGS 2026 NOR para 8.
- 29.2 The prize-giving on Sunday 23rd August will be held at the Windjammer at 09:00hrs.

30 RISK STATEMENT

Rule 3 of the Racing Rules of Sailing states: "The responsibility for a boat's decision to participate in a race or to continue racing is hers alone". Sailing is by its nature an unpredictable sport and therefore inherently involves an element of risk. By taking part in the event, each competitor agrees and acknowledges that:

- (a) They are aware of the inherent element of risk involved in the sport and accept responsibility for the exposure of themselves, their crew and their boat to such inherent risk whilst taking part in the event;
- (b) They are responsible for the safety of themselves, their crew, their boat and their other property whether afloat or ashore;
- (c) They accept responsibility for any injury, damage or loss to the extent caused by their own actions and omissions;
- (d) Their boat is in good order, equipped to sail in the event and they are fit to participate;
- (e) The provision of a race management team, patrol boats and other officials and volunteers by the event organiser does not relieve them of their own responsibilities;
- (f) The provision of patrol boat cover is limited to such assistance, particularly in extreme weather conditions, as can be practically provided in the circumstances.
- (g) It is their responsibility to familiarise themselves with any risks specific to this venue or this event drawn to their attention in any rules and information produced for the venue or event and to attend a safety briefing held for the event.
- (h) They are responsible for ensuring that their boat is equipped and seaworthy so as to be able to face extremes of weather; that there is a crew sufficient in number, experience and fitness to withstand such weather; and that the safety equipment is properly maintained, stowed and in date and is familiar to the crew.

31 INSURANCE

Each participating boat shall be insured with valid third-party liability insurance with a minimum cover of £3,000,000 per incident or the equivalent.

Addendum A – Start/Finish area:

